



# Empire State Trail

Connecting New York's extraordinary experiences, people, and places.

## Cohoes to Watervliet

Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

**Start** 28 Cohoes

Turn	Notes	Distance
↗	Head east on Alexander St toward Alexander St	817 ft
←	Turn left onto Lincoln Ave	440 ft
→	Turn right onto Spring St	804 ft
↑	Continue onto Dyke Ave	0.537 mi
←	Turn left onto Veterans Memorial Dr	1,066 ft
→	Turn right onto Cannon St	0.396 mi
←	Turn left onto Tibbits Ave	420 ft
→	Turn right onto George St	0.788 mi
→	Turn right onto Albany Ave	1,270 ft
↑	Continue onto 25th St	220 ft
←	Turn left onto Broadway	1.82 mi
←	Turn left at 4th St	427 ft
↑	Continue onto Mohawk Hudson Hike Bike Trail	0.559 mi
↑	Continue straight to stay on Mohawk Hudson Hike Bike Trail	4.47 mi

**End** 1 Watervliet

## Eastbound along Erie Canal Trail



**Disclaimer:** Trail users may encounter temporary or permanent changes to the trail route as described in this cue sheet. Trail users must exercise discretion at all times to assure personal safety, including staying alert for movements by vehicles and other trail users, as well as possible modifications to the trail route.